

Overcoming Hoarding

Age	Question for review
Childhood	What is the first thing you remember as a child? Where were you? And who do you remember being present?
	Did you have brothers and sisters or other family members? What was each one like when you were a child?
	Do you remember outings, day trips or holidays as a child? What kind of things did you do in your leisure time? Where did you go? Who did you go with?
	Do you remember being sick or having any accidents?
Adolescence	What was it like growing up in your town as a teenager?
	Which people were important to you? Family? Teachers? Friends? Write about each one.
	Did you work as a teenager?
	What was the worst thing about being a teenager in your town?
	Can you remember having to deal with something really tough or difficult as a teenager?
Family and home	What was your home town like? What were your favourite places there?
	What were the happiest times you can remember at home?

Telling my story

	Which member of your family are you most like?
Adulthood	Think of two important events in your adult life. Write about them. Who was involved? Where did they take place?
	Did you form significant friendships during this time?
	Did you work at this time? What did you do?
	Do you think people and relationships in your life have changed over the years?
	What's the best thing about being the age you are now?